ADVICE

TO THE

PEOPLE,

UPON THE

EPIDEMIC CATARRHAL FEVER,

OF

OCTOBER, NOVEMBER, AND DECEMBER,
M, DCC, LXXV.

BY A PHYSICIAN.

THERE ARE MANY ERRONEOUS PREJUDICES, W... REGARD TO COLDS, ALL OF WHICH MAY BE ATTENDED WITH VERY PERNICIOUS CONSEQUENCES.

TISSOT.

DUBLIN:

PRINTED BY CALEB JENKIN, [N°. 58.]
DAME-STREET.

M.DCC.LXXV.

TO THE

RIGHT HON. AND HON. THE
RIGHT REV. AND REV. THE
ARCHBISHOPS, BISHOPS, AND
CLERGY OF *IRELAND.*

THIS

TRACT

UPON THE

EPIDEMIC CATARRHAL FEVER,

NOW RAGING IN *DUBLIN,*

IS MOST RESPECTFULLY INSCRIBED.

FROM the humble Hope, that, as this Diſorder already ſpreads, and threatens to be univerſal throughout this Kingdom, the People com-

committed to your Care, may in it, or any ſimilar Caſe, through the Medium of your good Senſe, and approved Humanity, receive an Advice that is wholly deſigned for their Good, by,

My LORDS *and* GENTLEMEN,

Your moſt Reſpectful,

And Obedient Servant,

Dublin,
Dec. 1, 1775. The AUTHOR.

ADVICE

TO THE

PEOPLE, &c.

AT a Time of ſuch general Calamity, when every Individual may be truly ſaid to be more or leſs a Sufferer; I doubt not that the Public will with Favour receive, and with Candour judge of every En-

deavour to alleviate the general Diſtreſs. With this Hope, it is preſumed, that it will render no inconſiderable Service to the Public, and particularly to the middle and lower Claſſes of the People, to lay before them, a conciſe and rational Account of the Nature, Symptoms, Prevention, or Cure, of the epidemic Diſorder, which juſt now rages amongſt them, with ſuch known Violence, as is needleſs to expreſs.

Soon after that Hurricane of the 19th and 20th of October laſt, which proved ſo fatal in its Conſequences, that all muſt remember it with Horror, the Citizens of Dublin became particularly liable to this Diſorder, at firſt in the Form of a common Catarrh, or Cold, as it is called; but changing from this mild Appearance, it ſoon became much more ſevere, and ſpread with ſuch amaz-

ing

ing Rapidity, that in one Month, three-fourths of the Inhabitants, at leaſt, have been ſeized with it. It has ſpared neither Age, Sex, nor Condition: but the Pregnant, the Puerperal, the Conſumptive, the Aſthmatic, and Valetudinarian in general, have ſuffered moſt ſeverely. At firſt it was more the Subject of Converſation than of Fear; as of the many that were ſeized, moſt, if not all, recovered: But Accounts of its Malignity in England, and upon the Continent, raiſed Apprehenſions, which ſome Inſtances of its Fatality here not only confirmed, but ſoon magnified into Terrours of the greateſt Danger: ſo that at preſent it is conſidered more as a Peſtilential, than a Catarrhal Fever; and every Burial within the Bills of Mortality is proclaimed as an Inſtance of its direful Effects; though the real Cauſe might have been as different as the Dropſy, or Jaundice. The Truth is, ſome few, and theſe

chiefly from the Tribe of Invalids, have fallen Sacrifices to the Force of this Diſeaſe; but many more to the vulgar and ill-founded Prejudices of a fatal Practice, in the Treatment of it: And were it not to remove ſome popular Errours, that, I am perſuaded, have already taken more Lives than the Diſorder itſelf, I ſhould eſteem it ſo diſtinctly marked, and its Treatment ſo clearly indicated, as to require no new Illuſtration. But, however clear, confident and unanimous, the Opinions of the Medical Faculty have been, upon this Head, they are either unknown to the Multitude, or overborn by the Torrent of vulgar Errour, and popular Outcry. Some few there may be, who from Ignorance, or an illiberal Caution, of not diſſenting from the public Voice, may have been too inſtrumental in promoting, and eſtabliſhing the above Prejudices; but to ſuch I would obſerve, that though an

unhealthy

unhealthy Atmoſphere has produced this Diſorder, it is they who have rendered it fatal. For as I ſhall not only take upon me to give the Sentiments of ſome of the moſt eminent of the Profeſſion, occaſionally with my own, ſo I ſhall undertake to prove, that this Diſorder hath been hitherto more fatal, in this City, from a miſtaken Method of Treatment, than from its own Violence, or Malignity. According to that juſt and judicious Obſervation of Dr. Macbride, in his methodical Introduction to the Theory and Practice of Phyſic, Part II. Book I. Chap. 18. upon the Plague:—

" Let us only ſuppoſe," ſays he, " that " in ſome of thoſe Seaſons, when the " mildeſt and leaſt dangerous of all " Epidemics, the *Catarrhal Fever*, hap- " pens to prevail, an univerſal Terror " ſhould take place, and every Body " become impreſſed with the Notion, " that ſo ſure as they were attacked, ſo

" ſurely

" ſurely they muſt die; and if, inſtead " of giving the neceſſary Attendance, " not only Phyſicians, but even the " neareſt Relations would not venture " to viſit thoſe ſeized with the Diſtem- " per, &c.——What muſt be the Con- " ſequence? Why Thouſands would un- " doubtedly periſh."——In like Manner, in the very preſent Inſtance, if Perſons ſtruck with Terrour of its Dangers, are ſeized with the reigning Epidemic, and are perſuaded from Prejudice, that the moſt ſafe, effectual, and ſpeedy Remedy, would prove abſolutely, not only dangerous, but fatal, and in conſequence of this abſurd Notion, they purſue Means of Aggravation inſtead of Relief.—Can we wonder, that we ſee ſo many untimely Deaths the Conſequence?—No.—We ſhould rather be aſtoniſhed to ſee them ſo few.

Deſcrip-

Deſcription of the Diſeaſe.

THE Epidemic Diſorder, which now rages in Dublin, is, as was ſaid, diſtinctly enough marked by the following Symptoms. It generally commences with Laſſitude, and wandering Pains of the Head and Bones. Theſe are ſoon followed by Horripilation, Shiverings, or Chillineſs. The Head-ach ſoon becomes ſevere, and is ſeated in the Temples, the Forehead, or Orbits, with a kind of Confuſion or Giddineſs. The Pains of the Bones increaſe into ſharp Stitches, chiefly through the Shoulders, and Thorax, or Cheſt. The Eyes are generally either pained, or inflamed, or diſcharge a ſharp ſcalding Humour. The Membrane that lines the Noſe is alſo inflamed, which at firſt cauſes frequent Sneezings, it then diſcharges a thin ſharp Humour very copiouſly, which, in a few Days, is changed to a pretty thick

conſiſtent

conſiſtent Matter, particularly where the Diſorder terminates favourably. The Smell however, as well as Taſte, is much impaired, or vitiated, and the Patient generally complains of a diſagreeable nauſeous Clammineſs of the Mouth and Fauces, and a Taſte almoſt always inclining to bitter. In general, the Breathing is very much affected from the Beginning, being rendered conſiderably more quick, difficult, and laborious; nay, in ſome, becoming a perfect Orthopnœa *, with the ſtrongeſt Senſe of immediate Suffocation. In general there is a great Weight and Oppreſſion upon the Heart and Præcordia, ſometimes exciting Anxiety and Palpitation, and often attended with a Senſe of Stricture or Narrowneſs of the Cheſt, which feels as if it were particularly corded acroſs the Breaſt. There is always a Cough, and generally from the

* By Orthopnœa is meant, ſo great a Difficulty of breathing as prevents the Patient from Lying.

Beginning, or even preceding the Chilliness; but it varies much in its Degree of Severity, being in some mild, in most very severe, and in others incessant, and distressing to the last Degree. When the Cough is severe, it is generally attended with Stitches through the Chest, with Rawness and Soreness of the Throat and Windpipe, often extending to the very Bottom of the Lungs, and frequently with Hoarseness. When the Disorder is more severe, the Cough is more painful, hard, dry, and shrill, with little Expectoration or Spitting, except at the Beginning, when some have had a large Flow of thin Saltish, or ill-tasted Spittle from the Glands of the Mouth. When the Disorder is more mild, the Cough becomes more soft and loose, and is generally attended with an Expectoration of digested Matter. When the Disorder is mild, the Tongue becomes only a little Furred and White, and the Thirst is moderate, but when it is more severe,

the Furring on the Tongue is Brown, particularly near the Root, and the Thirſt is much more conſiderable. The Frequency of the Pulſe, and the Heat of the Body, are not nearly ſo much increaſed as might be reaſonably expected from the Difficulty of Breathing, or acuteneſs of the Stitches, but the Fullneſs and Strength of the Pulſe are conſiderably increaſed by theſe two laſt Symptoms; and where they do not prevail the Pulſe is nothing altered, except in being a little more frequent; when the Difficulty of Breathing indeed extends to Orthopnœa, and a Senſe of Suffocation, the Pulſe is apt to become oppreſſed, weak, quick, and irregular. The Urine is in general thin, limpid, or wheyiſh, crude and unconcocted, and ſeldom yields any Sediment, even when the Diſorder diſappears; when there is Sediment, it is generally found of the Lateritious Kind, or like Brick Duſt. From the very Beginning

ning to the End, this Diſorder, when even moderate, is generally attended with a conſiderable Deprivation, if not a total loſs of Appetite. It is frequently accompanied with Sickneſs of the Stomach, and Retchings, and ſometimes with Vomitings at the Beginning, and often with Vomiting excited by the Severity of the Cough. The Blood, when drawn, is almoſt conſtantly, and uniformly found ſizy; that is, when cool, it is covered with a tough White Skin or Cruſt. In ſome Inſtances, particularly of Children and young Patients, it is attended with a Red Eruption, or Efflorescence, on the Skin, ſo like the Meaſles, that it has impoſed upon even Skilful Perſons as that Diſorder, until it began to diſappear, without any ſcaling off of little light branny Scales, and untill it was found to appear upon thoſe who had already paſſed through the Meaſles. The Bowels are ſeldom affected, except in anomalous, or irregular Caſes, which are indeed not

uncommon in this Epidemic, when the Inteſtines, or Guts, are generally affected with Sharp cutting Pains, and Gripes, theſe are moſtly followed by looſe watry Stools, and in two Caſes which I ſaw, with bloody Diſcharges both upwards and downwards. —In general through the Courſe of the regular Diſorder, the Bowels are inclined to Coſtiveneſs.

In other irregular Caſes, ſome Patients are Struck with a ſudden and ſevere Head-ach. Some with a Dimneſs of the Sight and Giddineſs of the Head, or Vertigo. Some with a Difficulty of Breathing, endangering immediate Suffocation, ſome with an acute Stitch in the Side, reſembling a Pleuriſy; others again are ſtruck not only blind, but ſenſeleſs, and fall as in a Fit. And laſtly, ſeverals have taken it with Faintings.

The only true Criſis of this Diſorder is Perſpiration, or Sweat, but there are no particular Days on which it may be ſaid diſtinctly

tinctly or regularly to terminate: The ſooner a Softneſs and Moiſture of the Skin are produced, the ſooner will it be alleviated, the ſooner removed. Epectoration, though not perfectly critical of itſelf, as it never terminates the Diſorder without the Aid of Perſpiration, yet is the next moſt ſalutary Symptom, and never fails to relieve the Complaints of the Cheſt.

Next to Expectoration, the Diſcharge from the Noſe is moſt uſeful, eſpecially when digeſted; and when this is abſent or ſcanty, Nature ſometimes attempts to throw off the Diſorder, by a bleeding at the Noſe: but I have known no Inſtance where this has proved really critical; and the ſame I muſt ſay of the Sediment in the Urine, and the Diſcharge from the Inteſtines. Scabs and Puſtules upon the Lips may alſo be conſidered, rather as a favourable Symtom, than a critical Termination.

WHEREVER the Diſorder has appeared fatal, or even dangerous, (as far as I have been able to collect,) its Malignity has evidently appeared to ariſe, either from the ſudden Oppreſſion, or complete Inflammation of the Lungs or Pleura.

FROM this little Hiſtory, and Deſcription of the Diſorder, which upon the moſt ſtrict Examination, it is hoped will be found faithful, there is no Room left to doubt of its Name, or its Nature. It may therefore be called an * EPIDEMIC CATARRHALL FEVER, which tends much to, and is eaſily converted into a *Peripneumony* or Inflammation of the Lungs.

* Epidemic is derived from two Greek Words, ſignifying, *upon the People*, and it means only a Diſorder, that falls promiſcuouſly upon great Numbers of the People, at the ſame Time.

Cauſe

Cauſe of the Diſeaſe.

It appears that this Diſorder hath been Epidemic, over many Parts of the Continent, and England, as well as in Dublin. That it hath attacked all Sorts and Conditions of Men, without the leaſt Contagion, or Infection from one to another. That the Air hath been remarkably cold, moiſt, foggy, and in-elaſtic. It therefore follows, that it proceeds from an unhealthy Conſtitution of Air: but what it is, that has cauſed this Unhealthineſs of the Air, would require a Reſearch too deep for the Deſign of this Undertaking. It is only neceſſary to obſerve, that all Epidemics of this Country have been uniformly traced from the Eaſt, and conſequently from the Continent of Europe; whatſoever the noxious Quality of the Air therefore may be, which produces them, we may ſuppoſe, it receives from

from the Continent, and not from this Country; and as the Air of this Country is in general as fully ſaturated with Moiſture, as that of almoſt any other Place, we may reaſonably again preſume, that ſimple Moiſture alone is not a ſufficient Cauſe in the Air, to produce Epidemics.—But not to deviate farther, let us examine HOW, rarather than WHY, this noxious State of the Air occaſions, or brings on this Diſorder.—The preceding Summer and Autumn have been remarkably dry, and hot, the Effects of theſe two Qualities of the Air upon the human Body, for any Length of Time, are well known to be, Relaxation, Perſpiration, conſequent Diminution of the thinner Parts of the Blood, and increaſed Condenſation, and Tenacity of the thicker: and the Evident Effects again of a cold, moiſt in-elaſtic Air, loaded with noxious Vapours, upon any human Bodies, but eſpecially ſo prediſpoſed are, Firſt, to obſtruct, or ſtop up all thoſe ſmall Pores of the Surface, through which

which the ſenſible, or inſenſible Perſpiration and Sweat paſs. Second, by this Obſtruction, and Irritation, as well as the Irritation of the obſtructed Perſpiration, to ſtimulate into Spaſm, or Contraction, not only the Capillaries, or fine Veſſels of the Surface, but alſo thoſe of the internal Parts; from which two Effects, all the Symptoms are ſo eaſily deducible, that, to the Informed, it might appear too like an academic Exerciſe, to trace them; and to the Uninformed, too like a ſtudied Labour. I ſhall therefore next paſs to that Part, which as it is peculiarly deſigned for their Uſe, ſo ſhall it be particularly adapted to the Purpoſes, and Peruſal, of my unlearned Readers.

The beſt Methods of preventing this Diſorder.

As the principal Cauſe of this Epidemic, has been ſhewn to be an Obſtruction of the

Perſpiration, it naturally follows, that *to prevent this Obſtruction will prevent the Diſeaſe:* for this will I anſwer with Confidence, and aſſert without Reſerve, that ſo long as the Perſpiration will be preſerved free, and unobſtructed, ſo long will this Epidemic or any ſuch be prevented. But how is this poſſible, when it has been already declared, that the Effects of the Air upon the Body is to obſtruct the Perſpiration? It is true, this is its obvious and natural Effect, if not counteracted, by ſuch Means as are able to maintain the Perſpiration againſt its Malignity: Theſe are,

FIRST, *To burn large Fires in the Houſes, and Rooms generally occupied.* From this alone ſpring theſe three ſalutary Conſequences, the free Circulation of the Air is promoted; its noxious Vapours are deſtroyed; and the Perſpiration of the Body is maintained.

SECONDLY,

SECONDLY, *To defend the Body, when expoſed to the open Air, ſufficiently from its Inclemency, by additional Cloathing.*—To ſuppoſe that the ordinary Cloathing is ſufficient to protect the Body, in the open Air, at a Seaſon like this, is to advance, that a Man unarmed may venture to meet his moſt inveterate Enemy, in Armour.

THIRDLY, *To maintain the Circulation of the Blood, in its full Force, and Vigour; by which the Perſpiration is duely ſupported.* This again is beſt effected by living fully, and freely, and this is an Advice which I am ſure is as agreeable, as it is ſalutary: but far be it from me to recommend either Exceſs, Intemperance, or Debauchery. No; all that in general is neceſſary is, not to go into the Air with an empty Stomach, and always after Meals to indulge in a moderate Quantity of generous Wine; or, Punch made of unadulterated Liquor. *The Circulation and Perſpiration are alſo duely main-*

tained, in the open Air, by a moderate Degree of Exercise, without which it is almoſt impoſſible to eſcape the preſent Epidemic. But as additional Cloathing, and Exerciſe are both recommended, it becomes neceſſary to caution againſt the Abuſe of their very ſalutary Effects. It is obvious that conjunctly they will ſoon promote ſenſible Perſpiration and Sweat; but better were it that theſe, though highly uſeful, lay ſtill unprovoked, than that the Body ſhould, after either, receive the ſmalleſt Cold: For nothing could more effectually produce the Diſorder. It forms a perfect Union of the predispoſing, and occaſional Cauſes, already laid down. Should it therefore happen, from any unavoidable Occurrence that the Body might be ſubjected, to the influence of this pernicious Air, after being conſiderably heated, nothing can poſſibly prevent an Attack of the Diſorder, now already as it were commenced, but an immediate Reſtoration of the

the Perſpiration, by Exerciſe, by warm Air, the warm Bath, or warm Drinks: and theſe, from repeated Experience, during the preſent Conſtitution of Air, I will venture to affirm, will totally, and effectually remove it, provided they are timely applied.

HAVING thus ſtated the moſt obvious and effectual Means of Prevention, I ſhall next proceed to

The Method of Cure.

THE curative Indications, for the Sake of Method, are divided into the five following Heads.

1. *To remove the inflammatory Diatheſis.*

2. *To cleanſe the firſt Paſſages.*

3. *To*

3. *To reſtore the obſtructed Perſpiration.*

4. *To obtund Acrimony, and abate Irritation. And,*

5. *To promote the Expectoration and the Diſcharge from the Noſe.*

In order the more effectually to fulfiil theſe Intentions, it is neceſſary, *firſt to lay down a proper Regimen of Diet*; as the Fever ſeldom runs ſo high as to preclude Food altogether, though it much impairs, or deſtroys the Appetite. The Diet then in general ſhould be warm, and of the ſorbile, or liquid Kind; it ſhould be light, and eaſy of Digeſtion, ſuch as Tea, Coffee, or Miſerable, (as it is called) Chocolate being too heavy; light Broths of all Kinds, Panada, Salop, Sago, Flummery, Gruel, boiled Apples, and preſerved ſmall Fruit, with or without

out toaſted Bread, or light Cakes, in which Butter has not been an Ingredient. In ſlighter Caſes, where the Appetite will bear Solids, the ſimple, plain, light Meats, ſhould only be indulged in, ſuch as Mutton and Veal, Fowl and Chicken, and even theſe always boiled; but all Fiſh, roaſt Meats, Made-diſhes, and ſpiced Sauces, ſhould be cautiouſly and ſcrupulouſly avoided; as well as all pure Wines, ſtrong Punch, and Malt Liquors, all theſe Subſtances lying heavy upon the Stomach, being difficult of Digeſtion, or of an inflammatory Nature, muſt tend materially to increaſe the Diſorder. In ſlight Caſes, where the Patient is able to uſe Solids, he may waſh them down, and quench his Thirſt after Meals, with very weak and warm Punch, made agreeably ſour to his Palate; or with weak and warm Negus: But where the Caſe is more ſevere, and no Solids are uſed, then all Wines, and Spirits, diluted even to the weakeſt

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weakeſt Degree, ſtand abſolutely prohibited: and the beſt Drink will be found in Two-milk and Vinegar Whey, in very thin Water-gruel, and Barley-water, both ſeaſoned with Nitre or Saltpetre inſtead of common Salt, and acidulated to the Taſte, with Lemon, or Orange-Juice. If to this Liſt of Drinks you add, an Infuſion of ſliced Apples, and of preſerved Tamarinds, every Patient will find a ſufficient Variety. Having laid this general Foundation of Cure, by Regimen, I ſhall next conſider the Curative Indications, or Intentions ſingly. The firſt is *to remove the Inflammatory Diatheſis*, that is not only the preſent Symptoms of Inflammation, but all Tendency towards it, in the Conſtitution, and this is performed, firſt, by Bleeding.

Now comes the Rub. What, bleed in this peſtilential Diſorder! No. It is certain Death! Thouſands have died by being

being blooded in it, and not one that has been blooded has eſcaped; nay ſome have fallen down dead under the very Operation. Mr. Who-do-you-call-him, and Mrs. What-do-you-call-her, Maſter-ſuch-an-one, and Miſs Such-a-thing, have all fallen Victims to their Temerity in Bleeding. Such is the Language of the Seaſon, and ſorry am I to find that it is not only epidemic, but infectious; by which it has done more real Miſchief, than its concomitant Fever. But let us next examine upon what Reaſon, Authority, or Experience, this new Doctrine is founded. Is it in Reaſon that Bleeding is hurtful, in a ſimple inflammatory Diſeaſe, ſuch as this has been ſhewn, in general to be? No.—Reaſon points out the Neceſſity of diminiſhing, not only the Quantity, but the Velocity and Momentum of the Blood, whenſoever its Motion is too far increaſed, or obſtructed. Were it of that putrid Nature indeed, of which ſome

Epidemics have been, Bleeding might be juſtly prohibited, as a general mal-Practice: But here is no evident Putrefaction, nor Symptoms of Putrefaction, nor even Tendency to Putrefaction, ſo far as I have been yet able to diſcover. It is a vulgar and pernicious Errour therefore which ſuppoſes that all Epidemics muſt be putrid and contagious, and conſequently that Bleeding is prejudicial. Where is the Author, again, who has ventured to alledge that Bleeding is hurtful in this, or any ſuch Diſorder? As I have neither ſeen, nor heard of him, I ſhall conclude he is not to be found. But if there is any Advocate for this Doctrine, I doubt not, that he will make his Reaſons and Authority, as well as his Experience, known to the World. Laſtly, where is the Experience to be found that will vouch this new Practice? Merely in the Mouths of the Multitude, with whom Prejudice ſtands for

Reaſon,

Reaſon, Declamation for Argument, and Aſſertion for Fact; whilſt their Sick-beds and Funerals, give the Lie to their idle Tales, and prove to Conviction, that Want of Bleeding, and no Exceſs, or Abuſe of it, is one of the principal Cauſes of the Violence, and and Fatality of the preſent Diſorder. I ſay therefore, *that the inflammatory Diatheſis is to be removed, firſt by Bleeding.*

WHENSOEVER a Woman with-Child, or any Perſon of a Plethoric, or full Habit of Body, is ſeized with this Diſtemper, Bleeding is found highly uſeful; but whenſoever the Oppreſſion of the Heart, the Difficulty of Breathing, and the Pain or Stitches in the Cheſt, are violent, or urgent, Bleeding, I will venture to ſay, from Reaſon, from Authority, and from repeated Experience, becomes abſolutely neceſſary. By a Perſon not well ſkilled in Medicine, little Indication,

as to Bleeding, can be formed from the Pulſe; but in general, when it feels hard, which is ſeldom the Caſe in this Diſorder, when it beats full and ſtrong, which happens much more frequently in it, when the Pains of the Bones, in general, are acute, and when the Cough is hard, ſhrill, and dry, then Bleeding is alſo neceſſary. In no other Caſes, that I know, is Bleeding required, but in ſome others, it would certainly prove as hurtful, as it is here ſalutary.—After the Perſpiration is reſtored, and Expectoration commences, when the Force of the Diſorder falls upon the Throat, and this becomes Ulcerated; when there are no Symptoms of Inflammation, but the Fever aſſumes a Reſemblance to the Type of the low Nervous Fever, as in two Inſtances I have ſeen it do; or in ſhort, when Patients have ſuffered a previous weakening Evacuation of any Kind, then Bleeding becomes improper. The earlier in the Diſ-

order

order the Blood is taken, the more uſeful will it prove. The Quantity is beſt meaſured, by the Strength of the Patient, and the Violence of the Symptoms. But it ſhould always be drawn from a large Orifice, and generally from a Vein of the Arm. Should the Symptoms either continue violent, or return after Bleeding, then it is as neceſſarily repeated, as it was at firſt ordered; and I have ſeen no Inſtance of Obſtinacy in the Symptoms of Inflammation, that has not given Way to a Second Bleeding, tho' I have met with many that have required it.

2dly, *The Inflammatory Diatheſis is removed, by Antiphlogiſtic Purgatives*; as the Purging Neutral Salts, viz. Epſom, Glaubers, and Rochelle; as Jalap, and Rhubarb, with the Addition of Nitre, and Emetic Tartar, viz.

Number I.

Take of powdered Jalap half a Drachm, of Nitre a Scruple, and of Tarter Emetic a Grain, Mix, and divide into four Papers; take one every Hour. This is a cheap and powerful Purgative for a robuſt Conſtitution; for a more delicate Patient may be ordered the following:

Number II.

Take of beſt Rhubarb in Powder, and Magneſia Alba, each two Scruples, of Tartar Emetic a Grain, mix and divide into four Papers, take one every Hour; and the ſame may be given to a Pregnant Woman, leaving out the Emetic Tartar. Infuſion of Senna, or Manna, may be given to Children, or ſuch as are eaſily purged.

3dly, *The*

3dly, *The inflammatory Diatheſis is removed, by cooling and attenuating Medicines*; as particularly Nitre or Saltpetre purified.—This is a moſt valuable Medicine, and is beſt taken as Salt in the Gruel and Barley-Water, as before directed: but if diſagreeable in this Manner, a ſmall Tea-Spoonful may be waſhed down, three or four Times a Day, with any other Drink, when it will alſo anſwer the Purpoſe of an uſeful Gargle, to the Throat if ſore. Saline Juleps, as they are called, may alſo be given under this Intention, viz.

Number III.

Take of Salt of Wormwood two Drachms, of freſh Lemon Juice enough to ſaturate it, (which is generally about three Ounces) of ſimple Spearmint Water, and

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Take of Salt of Wormwood two Drachms, of freſh Lemon Juice enough to ſaturate it, (which is generally about three Ounces) of ſimple Spearmint Water, and

and Spring Water, each four Ounces, of Syrup or Sugar, enough to make it grateful to the Palate, mix and take four Table Spoonfuls, every third Hour.

4thly, *By Bliſters.* Should the Symptoms of Inflammation, or great Oppreſſion upon the Heart or Lungs, ſtill continue, notwithſtanding the Means that have been already directed, then certain Recourſe ſhould be had to a Bliſtering Plaſter; which ſhould be made pretty large, and applied to that Part of the Cheſt, that is moſt pained.—And here let me lament the unhappy Prejudices of my deluded Fellow-creatures! Let me lament that my Perſuaſion hath been already often foiled, in this ſalutary Advice, upon other Occaſions! On the preſent, I thank God, I have ſeen but one Inſtance, that hath required it; and there I can ſafely ſay, the Patient deſtroyed his Life, with as much Certainty, as if he had

had put a Piſtol to his Head, and ſhot himſelf to Death. I now beg Leave to addreſs myſelf, particularly to thoſe who are prejudiced againſt Bliſtering; to beſeech them for a Moment to conſider in their cool Reaſon, how unanimous Phyſicians, in all Ages, and in all Countries, have been in their Opinion, concerning the great Uſe of Bliſters; how ready they are ever to fly to them, upon the moſt numerous Occaſions; and what it is, that can poſſibly Influence them to this Practice, except the firmeſt Confidence and Reliance upon their real Efficacy, and Virtue. When even the prejudiced conſider theſe Things, they will perhaps believe me, when I aſſure them, that in recent Inflammations of the Cheſt and Lungs, which is the very Caſe in Point, Bliſtering ſtands next to Bleeding, and that they are the two Principal and chief Means of Relief.— Like Bleeding, the Bliſter ſhould be re-

peated if the Urgency of the Symptoms ſhould require it.

THE Second Indication of Cure is, *to cleanſe the firſt Paſſages.* From what Cauſe it has happened, it is now unneceſſary to ſeek; but it has in general appeared, that the Stomachs of thoſe ſeized with this Diſorder, have been remarkably foul, and conſequently their Inteſtines could not be very clean. For this Reaſon alone, a Vomit has in general been found neceſſary; but for other Reaſons it has alſo proved very uſeful. Where there are any Symptoms of Inflammation, a plentiful Bleeding ſhould be certainly premiſed, and ſoon after, either of the following Vomits may be given.

Number IV.

Take of powdered Ipecacoanha ten Grains, of Tartar Emetic two Grains, mix for a Vomit, drinking plentifully of ſtrong Chamomile Tea to Work it off. Or,

Number V.

Take of Ipecacoanha Wine ſix Drachms, of Antimonial Wine two Drachms, mix for a Vomit, as before; or, where the Patient is delicate, an Opportunity may be taken, when the Stomach is ſick, or nauſeates, to waſh it, with a Draught or two, of ſtrong Chamomile Tea.

In order to cleanſe the Bowels, as well as for the Reaſons before mention'd, a Pur-

gative ſhould be adminiſtred on the Morning after the Vomit; and to coincide with the firſt Indication, the purging Salts, or the Purgatives No. 1, or No. 2, ſhould be prefered.

The third Indication is, *To reſtore the obſtructed Perſpiration.* When the Diſorder is taken at its Commencement, or when ſlight, even at any Stage of it, it may be generally removed, by the Execution of this Intention only; of which I have experienced numerous Inſtances, not only in my Patients but in myſelf; and when the Diſorder is ſevere, it is ſtill the more neceſſary. The Perſpiration is moſt effectually reſtored, by the Means already mentioned, under the Head of Prevention; and by a Vomit as alſo before mentioned; after the Operation of which, the Patient ſhould take a Draught of warm Whey, with a Tea-ſpoonful of Spirit of Hartſhorn in

in it; or a Draught of Vinegar-whey; or a Diaphoretic Draught as follows.

Number VI.

Take of ſimple Alexeterial Water, of the Spirit of Mindererus, each ſix Drachms; of Syrup two Drachms, mix for a Draught. —The Patient ſhould alſo go to Bed, ſoon after the Vomit, and with frequent Draughts of warm Drink ſupport the Perſpiration, or Sweat, thus produced. If theſe ſhould prove inſufficient, or if the Diſeaſe ſhould continue ſevere, the above Diaphoretic Draught may be frequently repeated, and from Thirty to Sixty Drops of antimonial Wine, or five Grains of the Volatile Salt of Hartſhorn may be occaſionally added; or what will in general anſwer more effectually:

Number VII.

The Saline Julep, No. 3. may be ordered, with an Addition of one, two, three or even four Grains, of Tartar Emetic, taking Care to leſſen the Doſe, gradually from four Spoonfuls to one, juſt as the Tartar is increaſed; but adminiſtering it every Hour, inſtead of every third Hour. The Emetic Tartar may alſo be given in a very ſimple and effectual Manner:

Number VIII.

By rubbing ſix Grains of it, with a Drachm of Sugar, and dividing them into twenty-four Papers, one to be taken every Hour in any warm Drink.

THOUGH the Catalogue of Diaphoretics, and Sudorifics, extends much beyond theſe ſimple Limits, that I have ſet to my Practice in this Diſorder; yet I moſt heartily adviſe my Reader, to reject all others, for this evident Reaſon, that they almoſt univerſally heat the Body, and increaſe the Fever, before they produce the effects required (if perchance they do produce it at all); This is moſt palpably the Caſe with Wine-whey, ſo common among our Citizens, and with thoſe favourite Sudorifics, Scalded-Whiſkey, Whiſkey and Ale, or Hot-pot, Whiſkey and Treacle, Whiſkey and Garlic, Whiſkey and Ginger, &c. all ſo well known to our People, and ſo regularly preſcribed and taken, in this Diſorder, that together with their Prejudices againſt Bleeding, it is really aſtoniſhing to find, the Number, of Burials ſo little increaſed, in our Weekly Bills of Mortality, as from fourty-one, which was the Amount of the laſt Week in October, when the Diſorder might be

ſaid

ſaid to commence, to one Hundred and twenty-three, which is the Amount of the laſt Week in November. But there being no Burials entered in the Bills of Mortality, but ſuch as have been paid for, to the Parſon of the Pariſh, and many of the Poor being either unpaid for, or buried out of Town; this Acconut comes far ſhort of the real Numbers, which die; though it may ſerve to give a tolerable Idea, of the Proportion, that the Deaths of one Seaſon bear to thoſe of another. Thus it evidently appears, that treble the Number of Perſons have died in the Seaſon of this Epidemic, to what there did before it; and that, as I have alſo proved, from an ill-founded, and pernicious Practice, in the Treatment of this Diſorder.

THE fourth Indication is, *To obtund Acrimony, and abate Irritation.* Perſpiration and Sweat are an Excretion or Species of Excrement

Excrement, thrown out of the Blood, in order to Purify it. When theſe are obſtructed, or retained in the Blood, they fill it with Acrimony, or Sharpneſs; which falling on tender ſenſible Parts, ſuch as the Lining of the Noſe, Throat, and Windpipe, pricks and irritates them, into Inflammation; from whence proceed the Diſcharges, Sneezings, and Cough, ſo frequent in this Diſorder. Now when theſe are very troubleſome, and diſtreſſing, it becomes neceſſary to alleviate them, by blunting, or ſheathing the ſharp Humours: which is beſt effected by plentiful Dilution, with ſoft Liquors, ſuch as thoſe already directed; but in this Caſe they may be rendered more mucilaginous by Gum Arabic; which may be taken in any Form, and in conſiderable Quantity. Almond-Milk, Lintſeed, and Liquorice-Tea, or Ptiſans, may be alſo occaſionally uſed: and,

Number IX.

Spermaceti, diſſolved in Mucilage of Gum Arabic, may be added to the Diaphoretic Julep, No. 7, which may then be called a pectoral Mixture.

But the common Effect of all theſe Things is to clog and load, and conſequently to ſicken the Stomach: they ought therefore never to be uſed, but when very much required, and to be laid aſide as ſoon as may be. And as the Abuſe of theſe is to be carefully cautioned againſt, ſo is the Uſe of all Oily Mixtures, and of the Extract of Liquorice, commonly called Liquorice-ball, whether ſimple, refined, or medicated, to be abſolutely prohibited for the ſame Reaſons.

When the Acrimony of the Humours, however, is ſo great, that notwithſtanding theſe Endeavours to blunt, or ſheathe it,

it, the Diſcharge of thin ſcalding Rheum continues, and the Cough is very frequent, and diſtreſſing; it then becomes neceſſary to abate the irritability, of the Parts; that is to ſoothe, or deaden their Senſibility, or Feeling: and this is effected by Opiates alone. The beſt Preparation of Opium in general, in this Caſe, is the Paregoric Elixir,

Number X.

Fourty Drops of which may be taken every Night at Bed-time, and twenty Drops may be repeated occaſionally, once or twice in the Day. Or,

Number XI.

From a Drachm to two Drachms may be added to the Pectoral Mixture, No. 9, which will then become, in one Compound, a moſt powerful, and effectual,

Saline, Cooling, Diaphoretic, Pectoral, and Anodyne Mixture. A Spoonful of which may be taken very frequently, when the Cough is urgent, and two Spoonfuls at Bed-time. This Opiate may be ſafely ordered, when neceſſary, as ſoon as the Fullneſs, Tenſion, Oppreſſion, and Inflammatory Diatheſis, are removed, but not before: and this Doſe is adapted to a full grown Perſon; but to Children, and younger Perſons, it muſt be proportionally decreaſed, and even to Infants, a few Drops, from three to five, may be given, and are to be preferred, to the Diacodion, or Syrup of Poppies, for an obvious Reaſon, unneceſſary to be mentioned.

THE laſt Indication is, *To promote the Expectoration and Diſcharge from the Noſe.* Whilſt the Diſcharges from the Mouth and Noſe remain thin and acrid, they are beſt obtunded or ſheathed, thickened and

and digeſted, by the Means laſt laid down; but when, on the contrary, they become too thick, viſcid, and tenacious, and oppreſs the Lungs; or when, on a ſudden, they are ſtopt, or obſtructed, then Recourſe ſhould be had to Expectorants, or ſuch Medicines as promote this Diſcharge from the Lungs: the Chief of which are, Gum Ammoniac, and Squills, and the Preparations moſt Uſeful in this Caſe, are in general, the following:

Number XII.

Take of ſimple Cinnamon Water, of the Milk of Gum Ammoniac, each three Ounces, of the Syrup, or Oxymel of Squills two Ounces. Make an expectorating Mixture, of which a Spoonful may be taken every Hour, or every ſecond or third Hour, according to the

the Urgency of the Symptom, that required the Medicine. To this may be added,

Number XIII.

Two Drachms of the Paregoric Elixir, in order to abate Irritation, provided the Cough is very ſevere, and it may be taken as before. In weakly Perſons, where tough Phlegmn abounds, a Squill, or Antimonial Vomit, is alſo a very powerful Expectorant.

The Diſcharge from the Noſe, laſtly, is promoted, by frequently ſnuffing up Pinches, or ſmall Quantities of refined Sugar, in Powder, to which may be added, a ſmall Quantity of Cephalic, or even common Tabacco Snuff.

Having thus given a conciſe, and I hope a rational Account of this Diſorder, and of its Prevention, and Treatment,

or

or Method of Cure; as they have appeared to me, without Prejudice, or Prepoſſeſſion, from a very conſiderable and extenſive Experience in it, particularly amongſt the middle and lower Claſſes of People, I ſhall juſt end with the mention of three Facts, relative to the Poor in the Houſe of Induſtry in this City, as I have had them, from authentic Authority, in Support of the Practice I have aſſumed the Liberty to recommend.

The firſt is, that fewer People have died in that Houſe, in Proportion to the aggregate Number, during this Epidemic, than at any other Seaſon, ſince the Houſe was opened.

The ſecond, that of upwards of three hundred Poor in that Houſe, who were ſeized with this Diſorder, not one Perſon died of it.

THE third and laſt, that by the wiſe Regulations of the pious and humane Governours, of that excellent Inſtitution, and by the poſitive Directions of the Medical Gentlemen, whoſe Charity has induced them to beſtow their Attendance upon thoſe miſerable Objects, the Poor of that Houſe have been abſolutely forbid the Uſe, and conſequently all Abuſe of Spirituous Liquors.

FINIS.